
THE EFFECTS OF ATYCHIPHOBIA (FEAR OF FAILURE) ON STUDENTS' PERFORMANCE AT HIGHER LEVEL

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ABSTRACT

This study will discuss about Atychiphobia (Fear of failure). Phobias are unreasonable fears about certain things or situations. Atychiphobia (Fear of failure) is so extreme that they completely paralyzed any person that is why students face difficulty to carry on any task at school, college and higher level. The scope of the study is to provide knowledge about the fears and help the students who faced Atychiphobia at higher level. This study underline the concept, causes, symptoms and effects on the student's mental health at higher level. The researcher used Descriptive method. A sample size of this research is 100 students of higher level. The data collection tool is questionnaire which is collected from public and private universities of Karachi. The researcher has been selected two public institutes which are University of Karachi and Bahria University Karachi, two private institutes which are Jinnah University for Women Karachi and College of Physical Therapy (JPMC) Karachi. With the help of this study researcher helps the students how to cope up their problems and handle the obstacles which effects on their mental, physical and emotional health. The main motive of this study is to provide the proper guidance to the students which help in their personality grooming, and to solve their problems confidently.

KEYWORDS

Phobia, Genetic, Fear, Trauma, Paralyze, Anxiety

INTRODUCTION

Education is philosophical entity and its concept is dynamic. It must continuously grow and change. Education helps in bringing about a change in society. Economic, moral, social, scientific, spiritual and educational change is possible only through education. Education is a process of development from childhood to adolescence, a process through which he gradually adapts to his physical, social and spiritual environment in various ways. Hence education basically divided into the following types. One is formal education this type of education is imparted in schools, colleges and universities. Curriculum methods of teaching and teacher are fixed beforehand. School is thus a formal agency of education. Second is Informal education, this education is obtained at such places as in the homes, temples, mosques, gurdwaras, social agencies, political parties, in the meetings etc. Third is Non formal education, this type of education is an elastic as formal education but the non-formal education is neither absolutely without bonds nor has rigidity in it. Non-formal education makes special contribution to community education. Pre-primary, primary, secondary, higher secondary, and higher education levels are the five levels of education. All levels are doing well on development of student's mental, physical and emotional level. Students with mental illnesses or psychological issues may benefit from higher education since it provides fresh sources of self-esteem and chances for social engagement with peers and society.

Nowadays, children of all ages experience many illnesses and different psychological issues for multiple reasons. One of the rarest issues that students seem to face different phobias such as Agoraphobia, Social phobia, Glossophobia, Atychiphobia etc. Here the researcher talk about the Atychiphobia, Fearing failure is something we have faced ever since we were children. Overcoming this fear of failure is beneficial for students to succeed in life. Fortunately, many practices can help us to face our fears and challenges of life presents us more courageously and less-stressfully. Fearing failure has too much impact on student's performance, and that is why, in some cases they don't give their best and dropped their plans just because of fear of failure. Atychiphobia can be part of another affective disorder, anxiety disorder, etc. If you are a perfectionist, you can also deal with Atychiphobia (Fear of failure) at some point in your life. Atychiphobia (Fear of failure) can be so extreme that they completely paralyze a person, and they making it difficult to continue the work at home, school, university, college or a work place that is why a person miss out their personal and professional opportunities of life. It is a responsibility of a student to understand their problem and control the situation that distract their mind. It is the teachers and the parents duty to know and understand the problem of a student regarding their failure

and help to overcome the fear of student with the best manner. Education help the student how to cope up with their problem and teacher help the student and to motivate the students to overcome their fears and achieve their goals successfully.

We all know that about the fears because we all faced different types of dilemmas and fears at any step of life but we are unable to handle the situations and we hope that these situations vanish automatically. The major issue is that we do not share our fears with others as society is so judgmental and people make fun of our weakness and fears. Atychiphobia (Fear of failure) effects various aspects of life including, educational achievements, especially on student's mental health, which can lead their academic problems such as low attendance, learning difficulties, poor grades, behavioral problem, and concentration problem. These issues increase higher dropout rate and lower academic achievement.

So there is a great responsibility of education system to overcome these phobias by giving seminars on phobias, where the stakeholders helps the students and understand the problem of their students. Educational institution have to update the curriculum according to their society needs, most of these types of subjects are introduced which are related to the student's mental health, which they are help to release their sick mind affairs. So they can live free and they have freedom to ask any questions regarding their fears and face their problems in a best way. It is essential to train the teachers for student's counseling about their issues, teachers have to understand the student problem and guide them according to their ability. Coping up with these problems initially and tackle it with best technique and strategy, it will help an individual as well as society to live peaceful and calmly. If we overcome the fear of failure we are used these practices first we get to know the root of your fear, analyze the fear rationally, think more positively, accept the unavoidable things, and accept the failure is not a bad thing although failure is the first step of a success. We should train the students don't run with their problems you just stand and face these problems because these problems is yours not anyone else so its mean you have to power to solve it. One self-behavior and fear of failure are the only things standing between you and your dreams so you want to control on it and start approaching them rationally, if you are doing that so you easily overcome this fear of failure.

LITERATURE REVIEW

Most people, in one way or another, are afraid of failing in a specific effort. However, Atychiphobia is a phobia that is defined by an irrational and overwhelming dread of failing or facing uncertainty. A person's irrational fear of failure can be triggered by a stressful occurrence in the past. This distressing experience can cause a person to question their talents and believe they are unfit to try new things. Severe Atychiphobia keeps a person stuck in their comfort zone, preventing them from progressing in life.

Most of the psychologist and psychiatrist said and write about Atychiphobia, there is one (Meshell Powell) who said Atychiphobia is a medical term used to describe an intense and irrational fear of failure. He explained the symptoms of the Atychiphobia which may include nausea, rapid breathing, or digestive disturbances. Although many patients who have been diagnosed with this disorder have experienced traumatic events, especially in childhood. Treatment for this condition can be complicated and often involves a combination of psychotherapy and prescription medications.

Treatment of Atychiphobia is completely individualized and it can take time like month or a year to realize they are completely recovered with this fear. Medications may be provided in the early phases of treatment to ease some of the symptoms of the condition so that other treatment options can be successfully adopted. For those who diagnosed Atychiphobia, the effective treatment option for those patients who suffer with this problem is psychological counseling. With the help of therapy the patients will able to learn coping techniques and new ways of thinking that help to overcome the Atychiphobia.

(UK, 2017) (Department of Education in the UK) is working to develop a comprehensive organizational point of view to support mental health and role of education. The Department of Education and Health's October 2017 joint report outlines this approach for staff training, provide awareness of the psychological health challenges facing students, and involving parents and families in students' mental health. -In 2020, approximately 13% of young people between the ages of 12 and 17 have had a major depression (MDE) in the previous year, of which 70% have not been treated.. (University, 2017) According to Columbia University's National Center for Mental Health Checkup, "Higher depression is occur because of low academic achievement and high academic anxiety. College students face everyday challenges that overwhelm them. It's homework, home scan, or even drowning in relationships, college "is surely a wild ride of emotion.

According to the APA, the number of students seeking mental health counselling at college has been growing in recent years, with anxiety being the second most common factor, followed by depression as the third most common stress, family problems as the fourth most common stress, and academic performance and relationship problems as the fifth and sixth most common factors, respectively. (WHO, 2006) in 2006, the [World Health Organization (WHO)] gathered information about Korea's mental health system. The goal of gathering this data was to strengthen the mental health system and provide a foundation for tracking change. Korea has taken initiatives to build long-term mental health strategies to progress its national health system, such as mental health, despite having a smaller budget for mental health services than other wealthy countries. Increasing student awareness, forming student communities, and

encouraging mental wellness as well as reducing the cultural stigma associated with mental illness.

RESEARCH OBJECTIVES

1. To highlight the issue of Atychiphobia among students.
2. To give them the concept of fear of failure how to cope up with the problem as failure as the first step towards success.
3. To give awareness to the students related to the actual concept of success.
4. To help the students how to learn a lesson from mistakes and to deal with different educational difficulties.
5. To build the patience in students how to control the situation calmly.

RESEARCH HYPOTHESES

1. There is a significant relationship between Atychiphobia in students and future success of students.
2. There is a significant relationship between Atychiphobia in students and their learning attitude and their academic performance.
3. There is a significant relationship between Atychiphobia in students and low confidence level in students.
4. There is a significant relationship between Atychiphobia in students and it effect on student's psychological problem and personality.

RESEARCH METHODOLOGY

In this research, researcher used descriptive research method and data was collected in quantitative research design thorough questionnaire tool. This research was conducted in the city of Karachi whereas the total population of the study was the public and private universities of Karachi. The sample size was n= 100.

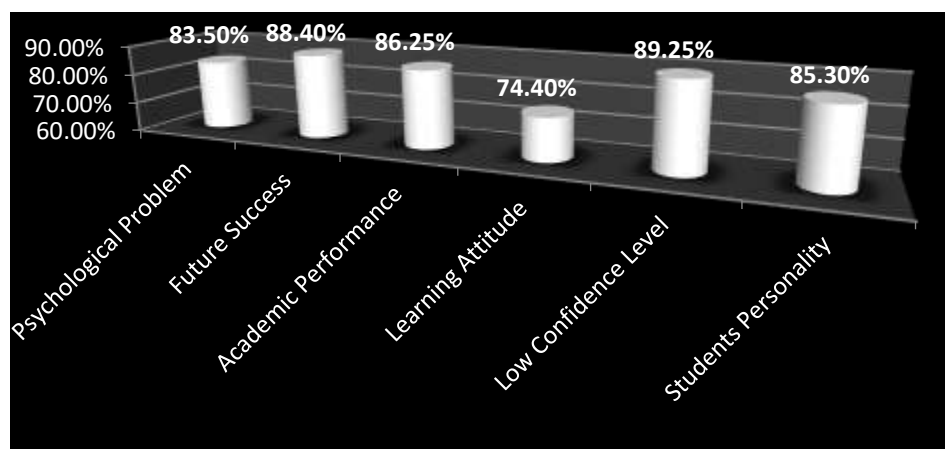
The data was analyzed statistically through simple tabulation method.

Variables	PERCENTAGE
Psychological Problem	83.50%
Future success	88.4%
Academic Performance	86.25%
Learning Attitude	74.40%
Low confidence level	89.25%
Students personality	85.3%

FINDINGS

According to the results, 83.5 % students were faced psychological problems. 88.4% students were rely on Atychiphobia (Fear of failure) effects their future life and success. 86.25% students agreed on Atychiphobia effects the student's academic

performance. 89.25% students prone by low confidence level. 85.3% students said yes Atychiphobia effects on their personality. 74.4% students agreed it disturb their learning attitudes.



CONCLUSION

To conclude that, the Atychiphobia is related with anxiety that effects on individual's mental health and quality of life. If we overcome the fear of failure we are used these practices first we get to know the root of your fear, analyze the fear rationally, think more positively, accept the unavoidable things, and accept the failure is not a bad thing although failure is the first step of a success. We should train the students don't run with their problems. As a researcher, it is recommended that, there is the great responsibility of education system to overcome these phobias by giving seminars on phobias, introduce "Failure Friday" (a day in a week in which failure stories and experiences of the famous person shared to the students) for student's motivation and inspiration and different sessions where the teachers and the stakeholders helps the students and understand the problem of their students. Educational institution have to update the curriculum according to their society needs, most of these types of subjects are introduced which are related to the students mental health, education system should provide courses that assist to enhance cognitive, analytical, communication and problem solving skills. So they can live free and they have freedom to ask any questions regarding their fears and able to solve their problems in a best way.

DISCUSSION

A phobia is a reaction to an excessive fear. If you have a phobia, you may experience a deeper sense of fear when you encounter the source of your fear. Most people, in one way or another, are afraid of failing in a specific effort. However, Atychiphobia is a phobia that is defined by an irrational and overwhelming dread of failing or facing

uncertainty. In today's Pakistan, there are phobias. A phobia (anxiety disorder) is a severe dread of something, a situation, or a condition that causes anxiety and avoidance despite the fact that it poses minimal genuine harm. Social phobia, Glossophobia, Atychiphobia, and specific phobia are the four types of phobias. The goal of a recent survey is to determine the prevalence of PHOBIAS in Karachi, Pakistan's population. In November and December of 2014, the survey was done on a general public population of 200 participants of various ages and genders (26.5 percent males, 73.5 percent females). This problem is so severe in Pakistan and we have to work on it. Our education system have to work on it and to overcome this problem with the help of different communities and international institutes and organizations. Because not so much work on Atychiphobia (Fear of failure) in Pakistan and we have to work on it because anxiety and depression level is high and we have to need to overcome this problem. Most of the students are affected by this problem and these problems are the major reason of students attempting suicide, depressive, anxiety patients and face many other phobias. The education helps us to understand all these problems and fight against it. It is the responsibility of a stakeholders that they can help the students by developing coping skills and giving the actual concept of failure, that they want to teach failure is not a drastic or a bad term it is the first step of success.

RECOMMENDATIONS

It is suggested that teachers should provide the precise and actual concept of Atychiphobia (fear of failure) and give the knowledge about facing it.

It is recommended that the educational institution to provide the awareness about various fears and phobias to the students and work on these factors that is disturbing and distracting students academic life.

It is suggested that the educational system should provide the counseling sessions to the students on Atychiphobia (fear of failure).

It is suggested that the education system should provide courses that assist to enhance cognitive, behavioral, analytical, communication and problem solving skills.

It is suggested that teachers and parents should understand the fear in students and help them to control Atychiphobia (fear of failure) and its challenges.

It is suggested that teachers should give support, encouragement and motivation to cope up with Atychiphobia (fear of failure) and guide them as a first step of success or the part of success.

It is suggested that the educational institution have to update the curriculum according to their society needs, such types of subjects are introduced which are related to the students mental health, which are help to release their sick mind affairs.

It is suggested that Teachers and parent should instill trust in the students so that he/she can do his/her job without any fear.

It is suggested that Atychiphobia (fear of failure) in students can be reduced by positive thoughts, through book reading habits.

It is suggested that the parents are help the child who face Atychiphobia through mutual understanding and generate the Islamic values in students.

It is suggested that teacher should create the classroom environment effective by the different curricular activities and the participation of students should mandatory and this factor can boost the level of confidence in students.

Some therapies, such as hypnotherapy, psychotherapy, and talk therapy, are proposed by counselee as effective treatments for students who have had Atychiphobia.

It is recommended that the teachers should help the student to face Atychiphobia comfortably by providing them the new perspective regarding failure and develop higher cognitive level to establish mindful attitude.

It is recommended that the teachers should help the student to overcome their fear of failure by recalling student's failed experiences through which they can learn.

It is recommended that the educational institutions can introduce "Failure Friday" (a day in a week in which failure stories and experiences of the famous person shared to the students) for student's motivation and inspiration.

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